

Swedish MeatballsR15

Number of Servings: 15 (186.73 g per serving)

Amount	Measure	Ingredient
3 1/4	lb	Beef, ground, hamburger, raw, 10% fat
1 3/4	cup	Bread Crumbs, plain
4 1/4	ea	Eggs, whole, raw, lrg
6 1/2	Tbs	Onion, white, fresh, chpd
1 3/4	cup	Soup, cream of mushroom, rduced sod, cond, cnd
1 3/4	cup	Water, municipal

Nutrients per serving

Nutrition Facts	
Serving Size 2 meatballs serving (187g)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 125mg	42%
Sodium 300mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 24g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

- * Bread crumbs, dry ground (above measurement) = 1# 8 oz bread, dried and ground
- * Each 4 eggs = ~1 cup

Combine ground beef, bread crumbs, eggs, & onions and mix on low speed until blended. Do not overmix. To make Swedish Meatballs use #16 scoop to portion amount to be made into meatballs. Place on single layer on baking pans and brown in hot oven at 400 degrees F for 15-20 minutes. Transfer to counter pans, 25 serv/pan.

Combine condensed cream of mushroom soup with hot water and pour over hot meatballs. Put back in 400 degree oven and TURN OVEN DOWN to 350 degrees F. Bake for 1 hour or until internal temperature is 180 degrees F.

Serve 2 Swedish Meatballs per serving with 1 to 2 oz (1/8 to 1/4 c.) soup gravy/serving.